

## IT'S YOUR BODY



As a mother, as well as a doctor, who suffered from pre-eclampsia, I cannot emphasise enough the importance of attending all of your antenatal appointments. If you feel that something is not right then you must go in and get checked. Your healthcare professionals **WANT** to see you if you have concerns.

**Dr Rosemary Leonard,**  
**APEC Trustee**

## CONTACT US

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*search for APEC*



## Are you pregnant?



Pre-eclampsia is a condition that occurs in pregnancy, or shortly after, that can be fatal for both mother and baby.

**PRE-ECLAMPSIA  
KNOW  
THE SIGNS!**

## Help and Advice

### GENERAL ADVICE:

Action on Pre-eclampsia  
[www.apec.org.uk](http://www.apec.org.uk)  
01386 761848  
[info@apec.org.uk](mailto:info@apec.org.uk)

### Worried?

#### DO:

- Trust your instincts
- Call 111, your GP or midwife

#### DON'T:

- Delay
- Worry about wasting people's time

[www.apec.org.uk](http://www.apec.org.uk)

## Ensure you:

- Never miss an antenatal appointment
- Have your blood pressure taken at every visit
- Have your urine checked - if protein is found this should prompt a further test to confirm
- Go back to your GP or midwife straight away if you have any concerns

Make sure all your results are written in your maternity notes

## Symptoms of Pre-eclampsia

- Severe swelling of hands, feet or face
- Severe pain under the ribs
- Severe headaches
- Visual disturbances e.g. flashing lights
- Nausea/vomiting
- Feeling unwell

If you have any of these symptoms seek medical advice immediately